

DIET AFTER WEANING

DIET AFTER WEANING





STANLEY WHITE

DIET AFTER WEANING

A
manual
for the care
and feeding
of children
between the
ages of
one and
two
years

MELLIN'S FOOD COMPANY

Boston, Mass.
1907

THIS BOOK

Is issued in response to a constantly increasing demand for suggestions on the care and feeding of the child between the ages of one and two years, a time in the child's life when it is quite important that he should have the right kind of food, properly prepared, and should also have the best of care. It is hoped that this book will be of service to mothers in the care of their children. **MELLIN'S FOOD** is for the modification of cow's milk for infants of any age.

Every one of the photographs shown in this book is a picture of a Mellin's Food baby.

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Boston, Mass.

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IF YOU ARE HAVING TROUBLE IN FEEDING YOUR BABY

If his food disagrees with him, if he frets and cries, or loses in weight, we wish you would write us, telling us fully just what the trouble is, how you are preparing the baby's food, and how you are feeding him.

As soon as your letter reaches us we will send you a sample of Mellin's Food and will write you a personal letter, telling you exactly how to use Mellin's Food for **your** baby.

If you know of a friend whose baby needs Mellin's Food and you will send us her name and address we will also gladly write her a helpful letter and send her a sample.

A copy of either of the following books will be sent free to you if you will write us for it. We will also gladly send a copy to any mother whose name and address you will send us.

The Care and Feeding of Infants

A guide to the care and feeding of the child
from birth to one year of age.

Diet after Weaning

A guide to the care and feeding of the child
between the ages of one and two years.

Baby Book

A book giving pictures of many beautiful Mellin's Food babies and letters from mothers.

MELLIN'S FOOD COMPANY
BOSTON, MASS.

Diet after Weaning

O



RUTH SAGE

F T E N before the usual time for weaning has come, the mother is suffering from the demands upon her system or the breast milk is poor in quality or deficient in quantity; then the child should be alternately nursed at the breast and fed with Mellin's Food and milk—especially is this advantageous between the ages of nine and twelve months. An infant, if he is gaining *The Proper Time For Weanile* constantly in weight and if other conditions are favorable, should be nursed until he is about a year old and should then be weaned. If possible to avoid it, the weaning should not be done in hot weather, or while the child is cutting his

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teeth, or during an illness, even if only slight. When it is decided to wean a breast-fed infant, he should be fed at first with milk modified with Mellin's Food in the proportions of two heaping tablespoonfuls of Mellin's Food dissolved in twelve **Milk Modified** tablespoonfuls of water and then **With** mixed with twenty tablespoonfuls **Mellin's Food** of good fresh milk. The milk can be gradually increased to thirty tablespoonfuls and the water decreased to two tablespoonfuls. It is best to begin by substituting Mellin's Food and milk for one nursing, and then for two, and so on until the child is entirely weaned; this usually takes from four to six weeks. **Weaning** Occasionally **Should be** an infant will **Gradual** not take other food while having the breast; then the breast must be refused him entirely when hunger will soon compel him to take the artificial food. This is very trying to a mother and if possible she should be out of sight and

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hearing until the ordeal is over. The infant being now weaned, or a year old if he has been bottle fed, should have one meal a day of semi-solid food. The diet during all of the second year must still consist principally of milk modified with Mellin's Food — one and a half or two pints a day — which can now be given from a cup or spoon instead of a bottle. It is best to begin the use of solid food at the midday meal, which may consist of eight ounces of milk and egg with Mellin's Food (see rule, page 25), — or a lightly boiled egg and a little bread and butter, — with a tablespoonful of soft custard or custard pudding. If this is well borne, a further advance can soon be made by adding a thin slice of bread and butter or a rusk or a soda cracker to the second meal; these should be broken into small pieces and the child taught to chew them thoroughly. When the child has become quite

Gradual Changes in Diet



ELEANOR MAY SARGENT

DIET AFTER WEANING

accustomed to these changes in the diet, the first meal should be increased by the addition of a slice of bread or a rusk broken up and soaked in the Mel-lin's Food and milk. Afterwards the fourth meal may be made like the first. If the child is thriving and does not demand a fifth meal, it need not be given. The more easily digested portions of ripe **Fruits** fruits, such as the pulp of stewed prunes or of baked apples, may be given in moderation with the midday meal. The fresh juice of a sweet orange is an especially serviceable addition to a child's dietary. When the infant is a year old, two or three teaspoonfuls may be given him an hour before the midday meal and increased gradually to three or four tablespoonfuls. Between the ages of one and two years, the **Careful** developing infant is **Attention** gradually becoming **Necessary** prepared to take ordinary food and, as each child is a law unto himself, very careful attention must now be given to the diet. Any error in the feeding, in either quantity or quality, will be quickly followed



BURDETTE D. JONES

DIET AFTER WEANING

by a more or less serious derangement of digestion with consequent impairment of the child's vitality. Anything which is found to disagree should be discontinued at once and not given again for some time. Carefully avoid weakening the digestion by overfeeding. All starchy foods must be thoroughly cooked. Between eighteen and twenty-four months of age, the child will have cut his first set of

Meats double teeth and may then have small quantities of meat — rare roast beef, rare beefsteak, rare roast mutton or mutton chop, or the white meat

The Diet Should be Varied but Plain of chicken, all finely minced or scraped. Although there should be some variety in the food, care must be taken that it is not too great, for infants do best on a plain diet. Give water between meals only; ice water should never be given. The bowels should be normal and show no signs of indigestion. Never give a baby

LESTER R. FUNK



DIET AFTER WEANING



drugs or medicines except under the direction of a physician. Let the child have plenty of fresh air and sunlight. He should be active and happy and his sleep peaceful. If a good foundation has been laid by the use of proper food during the first two years of life, the child will be well prepared in health and constitution for the remaining years of childhood.



Suggestions for Diet after Weaning

Suggestions for Diet after Weaning

TWELVE TO FIFTEEN M O N T H S O F A G E

First meal, about 7 a. m.

One - half to three - fourths pint of Mellin's Food and milk.

Second meal, about 10 a. m.

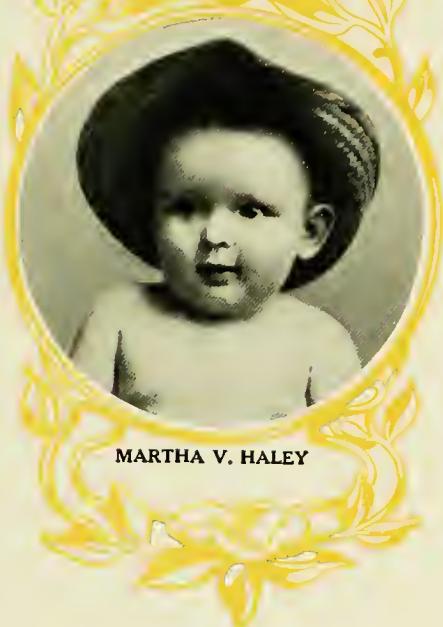
One - half to three - fourths pint of Mellin's Food and milk and a thin slice of bread and butter or a rusk or a soda cracker.

Third meal, 1 to 1.30 p. m.

One-half pint of Mellin's Food and milk with egg (or a lightly boiled egg with a little bread and butter), and a good tablespoonful of sago or tapioca pudding.

Fourth meal, 5 to 5.30 p. m.

One-half to three-fourths pint of Mellin's Food and milk with a slice of stale bread broken and soaked in it.



MARTHA V. HALEY

DIET AFTER WEANING

Fifth meal, about 10 p. m. if needed

One-half to three-fourths pint of Mellin's Food and milk.

FIFTEEN TO EIGHTEEN MONTHS OF AGE

First meal, about 7 a. m.

Three-fourths pint of Mellin's Food and milk in which a slice of stale bread or a rusk has been soaked.

Second meal, 10 a. m.

One-half pint of Mellin's Food and milk with egg and a slice of bread and butter or a rusk or cracker.

Third meal, about 2 p. m.

A cupful of meat broth with a little rice; a thin slice of bread and butter and a tablespoonful of rice or custard pudding or of junket.

Fourth meal, about 6 p. m.

Mellin's Food with bread and milk.

Fifth meal, about 10 p. m. if needed

One-half pint of Mellin's Food and milk.



MINNIE JOHN

DIET AFTER WEANING

EIGHTEEN TO TWENTY MONTHS OF AGE

First meal, about 7 a. m.

One-half pint of Mellin's Food and milk, and a lightly boiled egg with bread and butter.

Second meal, about 10.30 a. m.

One-half pint of Mellin's Food and milk and a rusk or soda cracker.

Third meal, about 2 p. m.

One-half pint of beef, mutton or chicken broth or a lightly boiled egg with a thin slice of bread and butter; and Mellin's Food and milk, with a rusk or a soda cracker, saucer of rice or custard pudding.

Fourth meal, about 6.30 p. m.

One-half pint of Mellin's Food and milk and a thin slice of bread and butter or a rusk.



DIET AFTER WEANING



CAROLYN GEORGIA HERALD

TWENTY TO TWENTY-FOUR MONTHS OF AGE

First meal, about 7 a. m.

One-half pint of Mellin's Food and milk and a lightly boiled egg with bread and butter.

Second meal, about 10.30 a. m.

One-half pint of Mellin's Food and milk and a rusk or a soda cracker.

Third meal, about 2 p. m.

A good tablespoonful of scraped beef or mutton chop or rare roast beefsteak, with one well mashed baked potato moistened with two or three tablespoonsfuls of dish gravy.

Fourth meal, about 6.30 p. m.

One-half pint of Mellin's Food and milk and a thin slice of bread and butter, or a saucer of rice or tapioca pudding.

The milk used in preparing Mellin's Food should be raw milk of good quality.

DIET AFTER WEANING

ARTICLES ALLOWED, TWELVE TO EIGHTEEN MONTHS OF AGE

- Mellin's Food and milk.
- Mellin's Food with milk and egg.
- Porridge of oatmeal and milk.
- Mellin's Food with bread and milk.
- Stale bread and butter.
- Rusk.
- Soda crackers.
- Rice pudding.
- Tapioca pudding.
- Custard pudding.
- Mellin's Food with soft custard.
- Blanc-mange.
- Junket.
- Soft boiled or poached egg.
- Veal, chicken and mutton broth.
- Beef tea.
- The pulp of baked apple.
- Pulp of stewed prunes.
- Juice of sweet orange.
- Rice milk.
- Rice jelly.
- Dried bread.



KENNETH D. HOVER

DIET AFTER WEANING

After Eighteen Months of Age, These Articles Can Be Added

Scraped or finely minced rare roast beef, beefsteak, mutton chop or roast mutton.

Baked potato well mashed and moistened with dish gravy.

Mellin's Food whole wheat muffins, stale.

Fresh vegetables in their season,— peas thoroughly mashed; string beans mashed; spinach. (All of these should be passed through a coarse sieve.) Other vegetables should not be given until the child is older.

ELIZABETH BROCK



Rules for Preparing Foods Allowed after Weaning



Rules for Preparing Foods Allowed after Weaning

MELLIN'S FOOD AND MILK

Mellin's Food, two heaping tablespoonfuls.

Water, two tablespoonfuls.

Milk, sufficient to make a pint.

Dissolve the Mellin's Food in the water and mix with the milk.

MELLIN'S FOOD WITH BREAD AND MILK

Dissolve two heaping teaspoonfuls Mellin's Food in a little water and mix with one fourth pint of milk. Cut some slices of bread into pieces about an inch square. Scald the milk, put some of the bread into it and let the mixture boil for two or three minutes. It is not necessary to put in so much bread as to absorb all the milk. Add a little salt and put in a little butter if you wish.

MELLIN'S FOOD WITH MILK AND EGG

One egg.

One tablespoonful Mellin's Food.

One pint milk.

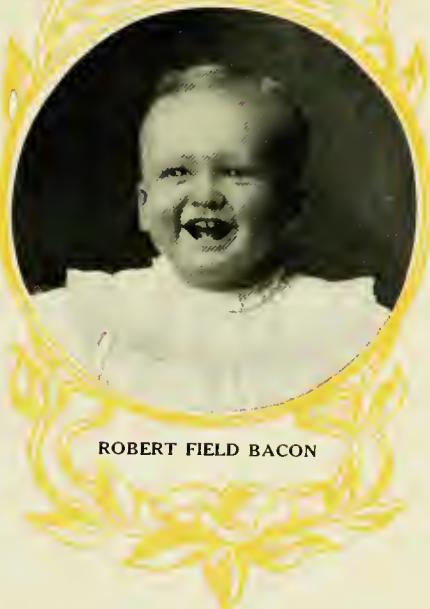
Beat egg well, turn on to the Mellin's Food previously dissolved in a little water, mix thoroughly and add the milk.

BLANC-MANGE

One-fourth cup Irish moss.

One pint milk.

A little salt.



ROBERT FIELD BACON

DIET AFTER WEANING

Soak the moss in cold water a few minutes, then pick it over carefully and wash. Tie in a lace bag, put with the milk into a double boiler and boil until the milk thickens when dropped on a cold plate. Add the salt and take out the bag of moss, first pressing it gently; then turn the thickened milk into a mold. Eat with sugar and cream.



MARGARET ELFORD GOLSON

PLAIN JUNKET

This is sometimes called "curds and whey." Take one-half pint of raw milk and heat it lukewarm. Then add a teaspoonful of Essence of Pepsin or Liquid Rennet and stir the mixture thoroughly. Pour into custard cups and let it stand until firmly curdled. If more convenient, Junket Tablets can be used in place of the Essence of Pepsin or Liquid Rennet. — From "Infant Feeding," by Louis Fischer, M. D.

MELLIN'S FOOD WITH SOFT CUSTARD

One-half pint milk.

One egg.

One rounding dessertspoonful of sugar.

One rounding dessertspoonful of Mellin's Food.

A pinch of salt.

Dissolve the Mellin's Food in a little warm water; put the milk into a double boiler and let it become scalding hot. Beat the egg thoroughly and add the scalding milk to it gradually, then return to the double boiler, add the Mellin's Food, sugar and salt and cook for two or three minutes, stirring constantly. This can be varied by

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beating the white and yolk of the egg separately. Proceed as above, only reserving the stiffly beaten white and stir into the custard just before taking from the fire.

CUSTARD PUDDING

Two cups fresh milk.

Two eggs.

Two tablespoonfuls sugar.

A pinch of salt.

Beat the eggs light, add the sugar and whip them together until smooth and creamy. Stir the milk (salted very slightly), pour into a bake-dish and set this in a dripping-pan full of boiling water until the middle of the custard is "set." Take directly from the oven.

Eat cold. — From "Babyhood."

TAPIOCA CREAM

Two tablespoonfuls pearl tapioca.

One pint milk.

Two eggs.

One-third cup sugar.

A little salt.

Pick over and wash the tapioca and soak in warm water to cover until it has thoroughly softened. Then add the milk and boil in a double boiler until the tapioca is transparent. Beat the yolks of the eggs and the sugar together, turn the boiling tapioca upon them and return to the fire for three or four minutes. Take from the fire, add the whites of the eggs beaten very stiff and mix thoroughly. If one egg only be used, the cream will still be very palatable.



KATHARINE J. DIMON

DIET AFTER WEANING

RICE MILK

Two tablespoonfuls rice.
Two tablespoonfuls Mellin's Food.
Two coffee cups (one pint) milk.
One tablespoonful sugar.
One-half teaspoonful salt.

Wash the rice and put with the milk and salt into a double boiler. Cook until the rice is very soft and has absorbed most of the milk. When almost done, add the Mellin's Food dissolved in a little warm water, and the sugar.

RICE JELLY

One-half cup raw rice.
Three cups cold water.
One cup fresh, sweet milk.
One-fourth teaspoonful salt.
Bit of soda not larger than a pea, dropped into the milk.

Wash the rice and then soak it for four hours in just enough water to cover it. Add, without draining, to the cold water; bring to the boil in a farina-kettle and cook until the rice is broken all to pieces and the water reduced to half the original quantity. Add the milk and simmer, covered, for half an hour. Strain through coarse cheese-cloth pressing and twisting *hard*. Sweeten slightly and feed to the child when it has cooled sufficiently.—From "Baby-hood."

RICE PUDDING

Three tablespoonfuls of raw rice soaked three hours in cold water.
Two cups milk.
A little salt.
One beaten egg.

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Drain the rice in a colander lined with a piece of coarse cloth and put it in a farina-kettle with enough cold water to cover it. Salt, cover closely and steam until soft, shaking up the inner kettle now and then but never putting a spoon into it. When rice is cooked in this way each grain will keep its shape and be separate from the rest. Try one to see if it is quite tender before taking the vessel from the fire. Should the water not be entirely absorbed, drain off what is left, shake up the rice that it may lie lightly and loosely and pour in the milk. This warm but not scalding should be ready in another saucepan. Return to the fire, simmer fifteen minutes, boil up well once, return into a bowl and beat in the frothed egg at once. Eat with cream and sugar. —From "Babyhood."



OATMEAL PORRIDGE

(*Rolled Oats*)

To one and a quarter cups of boiling water add half a teaspoonful of salt and two-thirds of a cup of Quaker Oats (or any other rolled oats). Boil two hours in a double boiler and strain through a sieve. For a child about fifteen months old, two or three tablespoonfuls of the strained part is enough for one meal, the rest being saved to heat for another meal. To the part used, add enough milk with a little Mellin's Food dissolved in it to make a soft oatmeal mush. For a child two to three years old, three or four tablespoonfuls of the strained oatmeal may be given at a meal. Add just enough milk with Mellin's Food to soften it.

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OATMEAL PORRIDGE

(*Ordinary Oatmeal*)

To two cups of boiling water add one-half teaspoonful of salt and one-half cup of coarse oatmeal. Boil four hours in a double boiler and strain through a sieve. For a child about fifteen months old, two or three teaspoonfuls of the strained part is enough for one meal, the rest being saved to heat for another meal. To the part used, add enough milk with a little Mellin's Food dissolved in it to make a soft oatmeal mush. For a child of two or three years old, three or four tablespoonfuls of the strained oatmeal may be given at a meal. Add just enough milk with Mellin's Food to soften it.

MELLIN'S FOOD WHOLE WHEAT MUFFINS

One-half pint white flour.
One-half pint whole wheat flour.
One tablespoonful beef dripping.
One tablespoonful sugar.
Two tablespoonfuls Mellin's Food.
One-half teaspoonful salt.
One-fourth cake compressed yeast.
One-half pint milk.

Mix together the whole wheat flour, sugar, beef dripping and salt, and set the mixture aside. Scald the milk and when lukewarm make into a batter with the yeast and white flour, adding a tiny pinch of soda. Set to rise and when very light add the dry mixture and the Mellin's Food dissolved in a little warm water. The dough should be quite soft and it may be necessary to add more milk. Set to rise again and when light fill muffin rings or gem pans half full. When again very light, bake about twenty minutes in a rather quick oven. It is a good plan to set the sponge about one o'clock. It should be light by five or six o'clock when



ROBERT FALKNER MEAD

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the dry mixture must be added. At nine o'clock it will have risen sufficiently to put into the muffin rings and should then be put on ice or in a very cool place over night. Set in a warm place in the morning about half an hour before you wish to bake them. *These should not be used until they are stale.*

DRIED BREAD

Either stale or fresh bread may be used ; it is cut in thin slices and placed in the oven with the door opened and quickly dried until it is crisp but not browned. It is in many respects preferable to crackers for little children.—From "Care and Feeding of Children," by L. Emmett Holt, M.D.

SOFT BOILED EGGS

Drop two eggs into enough boiling water to cover them. Let them stand on the back of the stove where the water will keep hot but not boil for eight minutes. An egg, to be properly cooked, should never be boiled in boiling water as the white hardens unevenly before the yolk is cooked. The yolk and white should be of jelly-like consistency.—From "Infant Feeding," by Louis Fischer, M.D.

CHICKEN, VEAL AND MUTTON BROTHS

The fleshy part of the knuckle of veal ; a chicken, bones and all chopped up ; or two pounds of the scrag end of neck of mutton, added to two pints of water with a little salt and boiled two hours and strained, all



John William Stroud McMillen, Jr.

DIET AFTER WEANING



MARION LOUISE O'SHEA

make excellent broths. Cool thoroughly, then carefully remove the fat by skimming with a spoon or a clean piece of blotting-paper and heat again when required for use. Pearl barley, rice or vermicelli, boiled separately till quite soft, may be added when either of the broths is heated for use. — From "Infant Feeding," by Louis Fischer, M.D.

SCRAPED MEAT

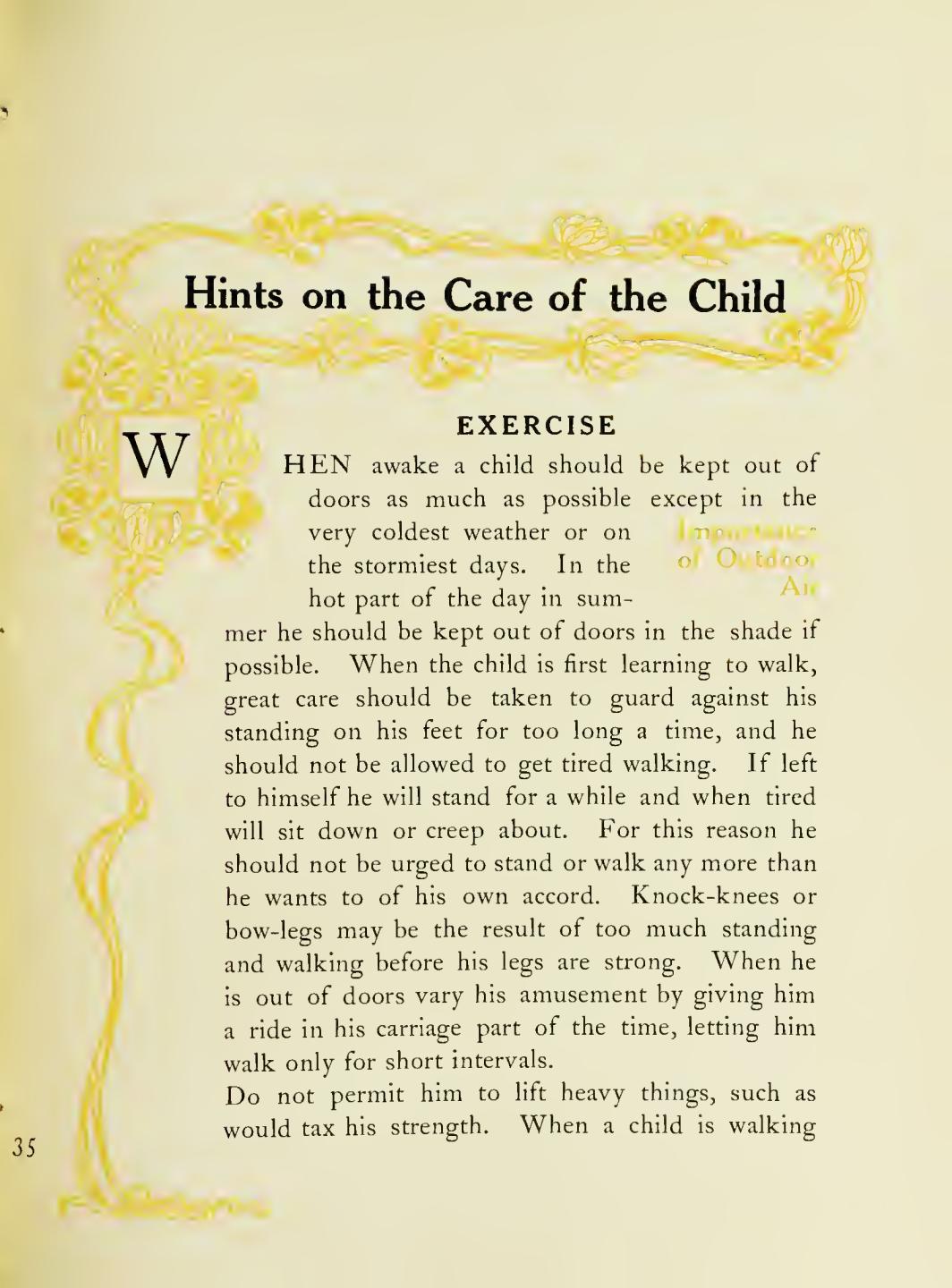
Take a piece of raw juicy steak and scrape away the pulp of the meat with a dull knife. Place this meat pulp (as much as is needed) on a piece of toast or stale bread and bake in the oven for five minutes. Flavor with salt and a small amount of butter. It can be administered either with or without the toast. — From "Infant Feeding," Judson and Gittings.

BAKED APPLES WITH MELLIN'S FOOD

Pare and core the apples, fill the cavities with Mellin's Food (dry), scatter sugar over them, put a little boiling water in the baking dish and bake in a quick oven.



Hints on the Care of the Child



Hints on the Care of the Child

EXERCISE

HEN awake a child should be kept out of doors as much as possible except in the very coldest weather or on the stormiest days. In the hot part of the day in sum-

mer he should be kept out of doors in the shade if possible. When the child is first learning to walk, great care should be taken to guard against his standing on his feet for too long a time, and he should not be allowed to get tired walking. If left to himself he will stand for a while and when tired will sit down or creep about. For this reason he should not be urged to stand or walk any more than he wants to of his own accord. Knock-knees or bow-legs may be the result of too much standing and walking before his legs are strong. When he is out of doors vary his amusement by giving him a ride in his carriage part of the time, letting him walk only for short intervals.

Do not permit him to lift heavy things, such as would tax his strength. When a child is walking

*Importance
of Outdoor
Air*

DIET AFTER WEANING

and holding on to an older person's hand, the child's arm should not be stretched way up in the air to its full length. The grown person should manage so that the child's hand will not be any higher than his shoulder—even a little lower is better. When a grown person is leading a child by the hand, the child must be allowed to use the leader's hand as a support, and must not be pulled along. Let him go as fast or as slowly as he likes.

Be Gentle

Never lift a child by the arms. Place the hands on his body, one on each side, just below the armpits and lift him gently but firmly.

CLOTHING

The child's clothes should be comfortably loose, and should not "bind" him anywhere. No pins should be used except the safety pins necessary for fastening the diapers. All other fastenings should be buttons or tapes.

Use no Pins

The band should be worn until the child is through teething or until two and a half

DIET AFTER WEANING

or three years old. The garter should not go around his leg, but should fasten to his waist at the upper end, the lower end fastening to the top of his stocking.

He should be warmly clad in winter and in summer should *Dress Governed by Temperature* have as little clothing on as is comfortable, guarding against undue heat or sudden chill. He should always, except in the very hottest weather, wear socks that reach up as far as a little above the knee. On the very hottest days it is well to have less on in the middle of the day when it is hottest, and a little more on in the early morning and late afternoon. Be careful when he is lightly clad that he is not exposed to cold winds.

The nightgown should be made of the Arnold stockinet. Flannel is liable to shrink. The stockinet will not



HELEN W. BRIGGAMAN

DIET AFTER WEANING

shrink and will last for two or three children. The nightgown should be made long, with a running tape at the bottom.

The shoes should never be the least bit tight, and should be heavier in winter than in summer.

When taking a child out in his carriage in the winter, be sure that not only his hands and feet are warm, but that a thick, warm blanket is under him as well as over him.

*Keep the
Child warm
in Winter*

SLEEP, SLEEPING ROOM, BED

A child of a year old or more should not be put to bed immediately after the six-o'clock meal. He should be allowed to play about quietly for half or three-quarters of an hour.

His sleeping room should be large, and if possible it is better for the child to sleep alone in the room, the mother or nurse being in an adjoining room. A window should be open enough—summer and winter—to keep the air fresh all night. The room should not, however, be too cold. A

*The
Sleeping
Room*



RALPH JAMES LYMAN

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temperature of 60° is about right. It should not be lower than 55° nor higher than 65° .

Of course it is impossible **Temperature** sometimes in the summer to have the temperature as low even as 65° . In winter it is better to have the window open enough to insure freshness of the air, and to protect the child by using more blankets, but this does not mean that the temperature should be below 55° .

The child's crib must not be in a draft and should not be

close to the wall.

Avoid Drafts There should be a space of at least a foot between the walls and the head and side of the crib. Over the mattress and under the under-sheet should be

The Bed put a piece of stork sheeting, which is much better than rubber, about twelve or fifteen inches wide and long enough to stretch across the mattress from side to side and tuck well in under each



JOE L. HAMMOND

DIET AFTER WEANING

side. This, of course, is to prevent the child wetting the mattress. It is hard and sometimes impossible to thoroughly dry a wet mattress.

It is best not to have a pillow, or at the most a very thin hair

pillow. If no pillow is used be sure that the mattress is level and is *not* lower at the head than at the foot. The mattress should also be a hair mattress. If the child has a cold a small pillow is more comfortable than none at all, especially if he sleeps on his back. A child should be taught, if it is possible, to sleep on his stomach or side rather than on his back. This keeps the stomach and bowels comfortably warm.

The hands and feet should be warm at all times and especially when the child is asleep.

It is better to dress and undress the child in a room warmer than the sleeping room.



WILBUR EDWIN CROSS

The
Pillar

DIET AFTER WEANING

The temperature should not be lower than 68°.

In the morning the room and the bedclothes should be thoroughly aired and exposed to the sunlight. Except in **Fresh Air** the very hottest and **Sunshine** weather the sun should be allowed to shine into the room all day long. If there is a carpet on the floor it should be swept often and the room thoroughly dusted and aired afterwards.

The bedclothes should be long enough and wide enough to tuck well in under the mattress at the sides and at the foot.

If the child is restless at night and kicks off the bedclothes and you are sure it is not because he is uncomfortably warm, a bedclothes fastener may be used. The fastener prevents the child's kicking off the clothes and does not tear the bedclothes and is not in the child's way.



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The child should be put to bed at about six or half past and should be taken up at nine o'clock and be put on his chair. He should be taken up very gently and put back to bed again at once. A rubber-seated chair with a vessel underneath which can be taken out and emptied is better than simply a china vessel. The latter is cold and uncomfortable and disturbs the child more than the rubber seat. Regularity in this respect is important.

The child should be taken up at exactly the same time every evening. A child of twelve or fifteen months ought to go from nine in the evening until he wakes in the morning without wetting his diapers. He is less likely to wet his diapers at night if he is put on his chair at regular, frequent intervals during the day. A child of a year old should still have his morning nap. Some children do not give up the morning nap until they are four or five years old, others give it up when a year and a half or two years old.

Regularity
in Sleeping
Hours

The
Morning
Nap



WM. H. FIELDS, JR.

DIET AFTER WEANING

It is a very good thing, if it is convenient, to let a child have his morning nap out of doors except in the colder months. A child of a year old is, however, too large to sleep in his carriage, as he cannot lie out straight but must lie curled up. He should sleep in his crib. If he can sleep outdoors this way, the crib should be sheltered from the wind in cool weather and from the hot sun in summer.

THE BATH

Up to the time the child is three years old, he should have his bath every day. After that age he should have a bath at least three times a week. Under a

Temperature of the Bath year old the water should be from 95° to 98° in temperature, but after he is one year old it may be made a little cooler. For a child from one to three years old, the water in winter should be from 90° to 95° , and in



FRANK P. SYMS

DIET AFTER WEANING

summer from 85° to 90° or even as low as 80°. In very warm weather, two or three sponge baths a day in water about 85° will make the child more comfortable. The body must be thoroughly dried after the bath at all times. The bath should always be given before and never directly after a meal; the best time is just before the second meal in the morning. Use very little soap and then only the best. What little soap is used should be rubbed on with a sponge and then rinsed off afterwards in the

tub. Two sponges should be used, one for the face and head, and one for the rest of the body. After the bath the child should be immediately and thoroughly dried. Once a week the child's hair and scalp should be shampooed, but not with soap. Thoroughly beat a whole egg and rub it well into the scalp, afterwards washing the head thoroughly with warm water in the bath-tub. The night before this egg shampoo is given a little vaseline or lanoline should be rubbed into the scalp with the tips of the fingers. The vaseline or lanoline

Soap

*Care
of the
Scalp*



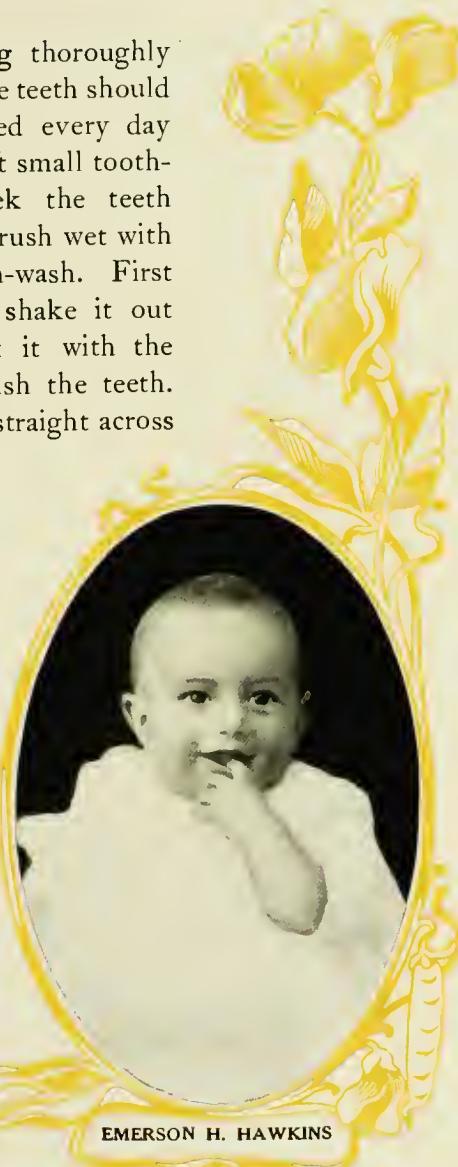
ALEXANDER A. BRINDLE

DIET AFTER WEANING

softens the scalp, and the egg thoroughly cleanses the hair and scalp. The teeth should be thoroughly brushed every day with a medium or soft small tooth-brush. Once a week the teeth should be brushed with the brush wet with any mild, harmless, liquid tooth-wash. First wet the brush in water, then shake it out as dry as possible, then wet it with the tooth-wash and thoroughly brush the teeth. In cutting the nails, cut them straight across and not down at the sides, or an ingrowing nail may result.

REGULARITY

It is of the greatest importance that regularity should be observed in the care and feeding of the child. The routine of the day should go like clockwork. The result will be that the child will gradually acquire habits of regularity. His meals must be given at exactly



DIET AFTER WEANING

the same time every day. He must be put to bed at the same time every night. He must be put to bed to have his nap at the same time every morning. His bath must be given at a definite time. He must be put on his chair to pass

water at regular intervals.

He must have a movement of the bowels at the same time or times every day. It is possible to train a child to use his chair at a very early age. By the time he is nine or ten months old he surely ought to wait to be put on his chair and not wet his diapers even *Importance of Regularity* at night. Regularity on the part of the mother or nurse in the care and feeding of the child will make and keep him healthy and happy.



FRANCIS BYRON CALONKEY

As one of the main purposes of Mellin's Food is to make cow's milk digestible it may be used with advantage with the milk even after the child is two years old. Two or three teaspoonfuls may be added to each bottle or glass of milk which he has during the day. As he grows older the amount of Mellin's Food used may be gradually lessened that he may become accustomed to plain milk.

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